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The skinny on **Fat Tuesday** PAGE 14



LACING UP FOR BUDGET DAY

B.C. Finance Minister Michael de Jong tries on his 2015 budget dress shoes at Olde Town Shoe Repair in Victoria on Monday. De Jong had the shoes re-heeled and polished and will don the spruced-up footwear when he tables his budget on Tuesday. The finance minister has said the budget surplus will be greater than the \$444 million forecast last fall. Story, page 4. CHAD HIPOLITO/THE CANADIAN PRESS

Dog survives brutal attack

Surrey. Animal-cruelty charges a possibility after woman arrested

Quoted

"The dog had been stabbed, beaten and bound by electrical cords when we got there."

RCMP spokesman Cpl. Bert Paquet



MATT KIELTYKA
matt.kieltyka@metronews.ca

A Surrey family's dog is recovering after being beaten and stabbed on Sunday, according to RCMP.

RCMP spokesman Cpl. Bert Paquet said officers were called out to the 7600 block of 146th Street just after midnight over reports of a woman being attacked by a dog.

But when officers arrived at the residence, Paquet said it quickly became obvious that it had actually been the other way around.

"The dog had been stabbed, beaten and bound by electrical cords when we got there," Paquet alleged. "The dog was in medical distress and was taken to an emergency vet clinic right away."

While undergoing surgery, veterinarians also discovered a number of items forced into the black lab's stomach, in-

cluding lighters and jewelry, which had to be removed.

Back at the scene, Paquet said it became clear that the 24-year-old woman at the residence was "suffering from some mental-health issues."

She was taken into custody under the Mental Health Act and transported to hospital for a psychiatric assessment, where she remained Monday.

The B.C. SPCA is leading the investigation into possible animal-cruelty charges with assistance from Surrey RCMP.

The dog is recovering and has been reunited with its family, who recently moved to Surrey and live a few blocks from the scene of the incident.

Paquet said the dog likely wandered free after being let out in an unsecured backyard.



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Transportation

CEO headhunters wanted at TransLink

TransLink is looking to hire corporate headhunters as it begins the search for a permanent CEO.

The transportation authority ousted Ian Jarvis as CEO last week (though he remains on the payroll until June 2016) in a bid to shore up public confidence ahead of the spring plebiscite on transit funding. Former InTransit BC CEO Doug Allen was put at the helm of the organization on a six-month contract.

TransLink, in the meantime, isn't wasting any time preparing its search for a full-time leader.

The authority's latest request for proposals (RFP) seeks "a consultant to assist with the search for a new Chief Executive Officer with the goal of having a new Chief Executive Officer in place by August 11, 2015."

The RFP says TransLink's board of directors, with the help of the winning consultant, will conduct internal and external searches for candidates, interview and assess them before presenting the board with a short list and a top recommendation.

According to the RFP, the consultant should have knowledge of TransLink, the transportation industry, the public sector and have experience with CEO-level searches.

The deadline for the RFP, posted on TransLink's website, is Feb. 20.

MATT KIELTYKA/METRO



Nailin' it with those frosty tips

Model Risa Jojima displays the nail art completed by a competitor at the Canada Nail Cup in Vancouver on Monday. Nail artists compete in multiple categories at the event, which, according to organizers, is the only nail competition in the country. DARRYL DYCK/THE CANADIAN PRESS

Two B.C. women on Mars trip shortlist

Space travel. Top 100 selected based on team spirit, motivation



EMILY JACKSON
emily.jackson@metronews.ca

Two British Columbian women are one step closer to travelling on Mars One's one-way trip to the Red Planet.

Vancouverite Sue Higashio,

42, and Whistler resident Joanna Hindle, 42, made the short list of 100 finalists who are vying to travel to Mars in 2024, Mars One announced Monday.

They were selected from the initial 202,586 applicants to the out-of-this-world contest, which claims it will select up to 24 people to establish a permanent colony on Mars. If the spaceships ever launch, the journey will be broadcast as a reality TV show. Mars One

has only "potential suppliers" thus far, according to its website.

The Top 100 "aspiring Martians" were chosen from a pool of 660 candidates and were selected based on their understanding of the risks, team spirit and motivation to be involved, according to a statement from the non-profit mission.

Higashio is a scout leader and grandmother ready for her next adventure, according

to her profile on the Mars One website.

"Ever since I was a small child, I have dreamed of becoming an astronaut. I am filled with wonder about what is out there in space, and I long to find out," she wrote.

Hindle describes herself as a hopeful, curious outdoors-woman who is ready to give up everything to be part of the trip.

Two people from Ontario also landed in the Top 100.

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Lawsuit. Truckers take Port Metro Vancouver licence battle to court

Trucking companies that have found themselves frozen out of Port Metro Vancouver are hoping for judicial intervention.

The United Truckers Association of B.C., representing 23 of 25 companies that have lost their port licence this month, have launched a federal lawsuit against Port Metro Vancouver and will have their case heard on Tuesday.

"We're asking the court to reinstate our old licence," said association spokeswoman Michelle Mann.

"There are a lot of people affected and who have been unable to work because of this."

Port Metro Vancouver announced sweeping changes to its Truck Licensing System in January, citing "widespread agreement there are too many trucking companies and drivers" serving the port.

Effective Feb. 1, 68 companies representing 1,450 truck tags were granted new

Quoted

"There are a lot of people affected and who have been unable to work because of this."

Michelle Mann, spokeswoman for the United Truckers Association of B.C.

licences.

For those left out, the port acknowledged the change would be difficult and offered a "generous transition program to eligible operators."

The program, according to the port, included some funding and administrative assistance with scrapping and auctioning trucks for drivers no longer able to work.

When reached for comment Monday, a spokesman for Port Metro Vancouver said it would not comment on the lawsuit, as the matter is before the courts.

MATT KIELTYKA/METRO

Finance minister shines his black shoes for budget day

Politics. 'For all three budgets, I've had these shoes on,' de Jong said

Finance Minister Mike de Jong had an old pair of black leather shoes shined and repaired before he wears them Tuesday to introduce what he says will be the third consecutive balanced budget.

De Jong held a pre-budget news conference Monday at Olde Town Shoe Repair in downtown Victoria, where he paid \$40 to have his budget shoes polished and reheelled.

He said he'll don the spruced-up shoes for a third budget as he puts a twist on the political tradition of finance ministers wearing new footwear on budget day, the same as some of his Canadian counterparts have done in recent years.

"For all three budgets, I've had these shoes on," de Jong said.



B.C. Finance Minister Michael de Jong carries his budget-day shoes, repaired Monday at Olde Town Shoe Repair in Victoria. CHAD HIPOLITO/THE CANADIAN PRESS

He said Tuesday's budget will include a surplus higher than the \$444 million forecast last fall. He said it will also include forecasts of surpluses

for the next three years.

De Jong said B.C. will likely be the only province in Canada to table a balanced budget this year, for which the fiscal

cycle concludes on March 31, 2015.

"We have something that virtually no other province is going to see, which is a balanced budget," he said.

De Jong said B.C.'s budget will include increased spending in social services, health, education and the removal of a two-year tax on high-income earners.

Two years ago, the government implemented a temporary two per cent income-tax hike on people earning \$150,000 or more a year to help bring the province out of deficit. De Jong said the tax earned the province about \$200 million a year and expires this year.

He said health-care spending, the highest cost item in the budget, has increased but the government has kept it below three per cent. De Jong said spending hikes on education will help fund pay increases for teachers after a strike last year.

THE CANADIAN PRESS

Richmond to take soft approach in dealing with Chinese-only signs

Chinese-only signs displayed around Richmond could be disappearing soon.

The city has announced a multi-pronged approach to addressing the community's concerns about the roughly three per cent of businesses that don't include one of Canada's official languages in their signage.

The plan includes multilingual staff paying a visit to every business in the city's centre.

"One of the things we found, in particular with sign permits, is that businesses are often dealing with sign companies and they don't necessarily deal with the city, so that message (about the bylaw) wasn't getting out

there," said senior manager Ted Townsend.

"The response so far has been pretty good. When we talk to business owners, they usually see the merit of having bilingual signs."

A free forum is scheduled for March 12 as a way of sparking public dialogue.

"It's about trying to get at the heart of what the issues are in the community and to get a sense of what the community thinks the best approach is moving forward," he said.

Besides the forum, the city will host an online discussion on LetsTalkRichmond.ca from March 6 to 20.

The annual business-licence

renewal process is also being used as a tool to encourage the requirement of 50 per cent English content. A special insert in both English and Chinese has been included in the application package.

Behind the scenes, staff from UBC's school of geography will analyze how other communities are dealing with the issue. All the information gathered over the next few months will be presented to council later this spring.

"Right now, we're trying to take a proactive approach and make people aware, not slap them with fines," Townsend told Metro.

TERESA VERENCA/FOR METRO

Court

Former B.C. man sues over 'miscarriage of justice' in wrongful conviction case

A former British Columbia man whose sexual assault conviction was thrown out in what the Crown has called a "miscarriage of justice" has filed a civil lawsuit.

Gurdev Singh Dhillon was

convicted of sexual assault in 2005, imprisoned and deported to India in 2008.

But a special prosecutor found Crown counsel didn't disclose DNA evidence that pointed to three other men — something the B.C. Appeal Court cited when it threw out the conviction last year.

The lawsuit names Dhillon's former defence lawyer, the provincial and federal governments, the lead investigator and prosecutor

and an unknown civilian employee of the RCMP.

The allegations have yet to be proven in court, but Dhillon's new defence lawyer alleges the defendants were negligent during the investigation and lead-up to the trial. Jason Gratl says his client lost his freedom, his marriage, his child, his job and his country and now has few economic prospects as a farmer in rural India.

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Harper urged to intervene in Mohamed Fahmy's case

Open letter. 250 notable Canadians call on PM to 'personally and immediately' press Egyptian president

A number of prominent Canadians are calling on Prime Minister Stephen Harper to intervene "personally and immediately" in the case of a Canadian journalist on trial in Egypt.

In an open letter released Monday, 250 people — includ-

ing comedian Rick Mercer, filmmaker Atom Egoyan, and author Michael Ondaatje — urged Harper to press his Egyptian counterpart Abdel Fattah el-Sissi on Mohamed Fahmy's case. Fahmy was released on bail last Friday after spending more than a year in a Cairo prison, but he is set to return to court next week for the continuation of a retrial on terror-related charges his family has called ridiculous.

The letter to Harper calls for the prime minister to ask that Fahmy be allowed to leave Egypt under a new law that al-

lows foreigners convicted or accused of crimes to be deported.

"We the undersigned are writing to urge you to intervene personally and immediately in the case of Canadian journalist Mohamed Fahmy, who is currently facing retrial in Egypt after 411 days of incarceration," the letter to Harper said.

Fahmy and his family have criticized the Canadian government for what they see as a lack of adequate action on the case.

THE CANADIAN PRESS

Flip to Voices page 10 for Stephen Kim-ber's column on Mohamed Fahmy.



Comedian Rick Mercer, left, director Atom Egoyan, and author Michael Ondaatje and other notable Canadians have signed an open letter released Monday, urging Prime Minister Stephen Harper to press the case of jailed Canadian-Egyptian journalist Mohamed Fahmy. PHOTOS: THE CANADIAN PRESS FILE; GETTY IMAGES FILE; STR/AFP/GETTY IMAGES

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Radio-Canada workers hate Tory values: Harper



Prime Minister Stephen Harper
THE CANADIAN PRESS

Prime Minister Stephen Harper says "a lot" of Radio-Canada employees "hate" conservative values.

Harper says those values that are loathed by many employees of CBC's French-language network are the same ones that he says are supported by a large number of Quebecers. Harper made the comments during a French-language interview with Quebec City radio station FM93, conducted last Friday and aired Monday.

Harper's comments about Radio-Canada came in response to a question about how he plans to convince Quebecers to vote for his party in the upcoming federal election. He says he doesn't believe that voters in Quebec are predominantly left-leaning.

Rather, he says, Quebecers approve of the measures taken by his government: lowering taxes, staying tough on crime and cracking down on the threat of terrorism.

"I remain convinced that Quebecers are not leftists, contrary to the image conveyed by some media or the opposition parties," Harper says in the interview. "I understand that there are many at Radio-Canada who hate these values, but I think that these values are the true values of a large percentage of Quebecers."

NDP labour critic Alexandre Boulerice said it's clear Harper and his party dislike the public broadcaster. THE CANADIAN PRESS

Military

Part-time soldiers wait up to two years for severance

Nicholas Vanderplas, a former corporal and part-time member of the infantry, says he's used to shoddy paperwork in the army, but waiting nearly two years for \$4,500 in severance pay has exhausted his patience.

He is not alone. As of last

week, there was a backlog of 2,754 severance payment cases waiting to be processed. And those part-time soldiers who are on the list now, having just left the military, face longer waits than those just a few years ago. According to the department, it takes up to 21 months in some cases to process reservist severance claims through a old, inefficient system the Department of National Defence had promised to fix.

THE CANADIAN PRESS

Ukraine

Fierce battle
persists for rail hub,
threatens cease-fire

Intense artillery exchanges between Ukrainian government forces and Russian-backed separatists persisted Monday around a strategic town in eastern Ukraine — fighting that threatens to dash a cease-fire deal brokered

by European leaders last week.

Under the cease-fire agreement negotiated by the leaders of Ukraine, Russia, Germany and France, the warring sides are to begin withdrawing heavy weapons from the front line Tuesday. That plan already looks at risk, with the rebels saying they are not satisfied that conditions are in place for the process to go ahead.

THE ASSOCIATED PRESS

Libya

Egyptian warplanes
strike ISIL targets

Egypt bombed ISIL militants in neighbouring Libya on Monday and called on the United States and Europe to join an international military intervention in the chaotic North African state after extremists beheaded a group of Egyptian Christians.

The airstrikes bring Egypt overtly into Libya's tur-

moil, a reflection of Cairo's increasing alarm. Egypt now faces threats on two fronts — a growing stronghold of radicals on its western border and a militant insurgency of ISIL allies on its eastern flank in the Sinai Peninsula — as well as its own internal challenges.

ISIL weapons caches and training camps were targeted "to avenge the bloodshed and to seek retribution from the killers," a military statement said. THE ASSOCIATED PRESS



Hundreds of people gather for a vigil near the cultural club in Copenhagen, Denmark, Monday. THE ASSOCIATED PRESS

Sources name gunman in Danish attack

Copenhagen. Slain suspect, 22, had gang links and got out of jail two weeks ago

PET spokeswoman Lotte Holmstrup declined to comment on the report, saying "we are working on finding out what has happened."

PET director Jens Madsen on Sunday confirmed that the gunman was known to the agency before the weekend attacks in Copenhagen that killed two people and wounded five police officers. He said the gunman may have been inspired by last month's terror attacks by Islamic extremists in Paris that killed 17 people, but did not elaborate on when his agency began tracking him.

The news about the suspected gunman came as Danes mourned the victims of the country's first fatal terror attacks in 30 years — and, in an unusual development, some also put flowers on the street at the spot where police killed El-Hussein. The prime ministers of Denmark and Sweden were expected to join thousands of people at memorials in Copenhagen on Monday evening.

While a Danish court on Monday jailed two suspected accomplices of El-Hussein's for 10 days, Prime Minister Helle Thorning-Schmidt insisted there were no signs the gunman had any links to a wider terror cell.

"But we will, of course, in the coming time evaluate our fight against radicalization. We are already doing a lot," she said.

THE ASSOCIATED PRESS

The slain gunman behind two deadly shooting attacks in Copenhagen was released from jail just two weeks ago and might have become radicalized there last summer, a source close to the Danish terror investigation told The Associated Press on Monday.

Two Danish sources close to the investigation confirmed to the Associated Press that the slain gunman was named Omar Abdel Hamid El-Hussein. They spoke on condition of anonymity because Copenhagen police have not named the gunman, whom they said was a 22-year-old Dane with a history of violence and gang connections. Several Danish media have already named him.

One source told the AP that El-Hussein had been in pre-trial detention for a long time but was released two weeks ago. He also said the corrections authority had alerted Danish security service PET last year after they noticed worrisome changes in El-Hussein's behaviour last summer.

He wouldn't give specifics but said such alerts are issued when inmates change their attitude or behaviour in way that "sets off alarm bells."

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CP Rail

Strike ends as both sides resume talks

A day-old strike at Canadian Pacific Railway screeched to an unexpected halt Monday with the company and its union agreeing to binding arbitration just hours before employees were to be legislated back to work.

Labour Minister Kellie Leitch was on the verge of

introducing a bill to end the dispute when she suddenly emerged from the House of Commons to reveal the two sides had beaten her to it.

The strike by 3,300 locomotive engineers and other CP train workers began Sunday. Leitch said the strike could have cost the Canadian economy more than \$200 million in lost GDP every week.

THE CANADIAN PRESS

Uber, Airbnb highlight need for regulation, report says



Washington, D.C. taxi drivers protest on Pennsylvania Avenue in June last year, bringing street traffic to a stop as they demand an end to ride-sharing services such as Uber X and Lyft. PAUL J. RICHARDS/AFP/GETTY IMAGES

Sharing economy.

As companies move into new territory, governments must react quickly, warns the Mowat Centre

Companies such as Airbnb, Uber and TaskRabbit, which epitomize what's known as the sharing economy, are not going away, so governments must figure out ways to regulate them, a new report says. And that must happen quickly, before such firms become entrenched in their ways.

That's the message from the Mowat Centre, a think-tank at the University of Toronto. Mowat urges policymakers to recognize that they must step up to protect the public interest, while also ensuring that they don't destroy innovation.

"You have a Wild West situation where people are engaging in transactions and the details haven't been thought out," said Mowat Centre policy director Sunil Johal, who co-authored the report, Policymaking for the Sharing Economy: Beyond Whack-A-Mole, with colleague Noah Zon.

Making cash by renting an apartment or doing an odd job has happened for ages. The difference today is that such activities are "at a scale that blurs the boundaries of the personal and the commercial and threatens to disrupt existing markets and regulatory models," the report says.

Johal concedes that no jurisdiction has come up with a simple solution to deal with these so-called disruptive companies that offer peer-to-peer service, such as a linking homeowner to a house cleaner, or a tourist to a room.

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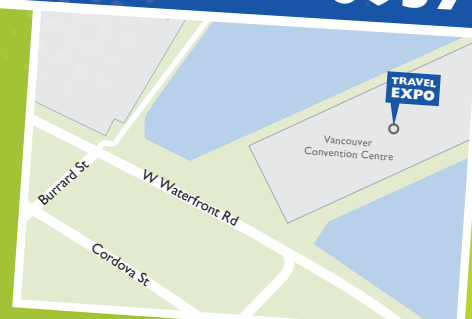


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Port Mann Bridge is now going to collect \$90 million less in revenue in the next three years than originally anticipated



YOUR RIDE
Karen Quinn Fung

Need to explain the concept of a double standard? Look no further than discussion about different transportation modes in Metro Vancouver.

The most recent example is the attention being paid to former TransLink CEO Ian Jarvis' compensation, following the board's announcement last week that it removed Jarvis in a bid to restore public confidence in TransLink.

The awful truth, however, is that the crisis of confidence extends much further, to the province's decision-making about transportation as a whole.

Take recent news about the Port Mann Bridge. The number of people using the bridge has been consistently below the province's projections. The provincial government's insistence on keeping a free alternative crossing means people pay with their time (and the time of the people using the Pattullo for its intended destinations) instead of their money. That costs all of us, as taxpayers, being behind schedule on paying down the associated debt.

This was not unforeseeable — far from it, in fact.

A number of opponents of the Port Mann expansion predicted this would be the case when the business case for the project was being made in 2008, seeing as reductions in driv-



Vehicles drive over the Port Mann Bridge between Surrey and Coquitlam. JENNIFER GAUTHIER/METRO FILE

ing trips are a continent-wide trend.

The bridge is now going to collect \$90 million less in revenue in the next three years than originally anticipated.

The costs of cleaning up that mess? That's our money the provincial government has already committed to spending — and it's a decision that we didn't get to vote for.

Meanwhile, transit has shown much the opposite trend. Transit has not only kept up with population and job growth, increasing the number of trips and users — it has expanded

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its share of all trips, going from 10 per cent in 1999 to 14 per cent in 2011.

This double standard is irritatingly pervasive — but also quite useless. Not because waste, wherever it happens, doesn't frustrate me to the point of blind rage, as well. But finger-pointing doesn't bring us to a meaningful plan of action. We need the province and TransLink to address our concerns but still face our challenges, now and for tomorrow.

There are signs of learning. Our region's mayors, in proposing the initial ballot question, ensured that money collected from the congestion improvement sales tax will be audited by a third party reporting to the province. TransLink's spending priorities will be made to match those identified by our elected officials.

Perhaps most significantly, the provincial government has also said it is in favour of the referendum passing. Regardless of whether we view that as cynical backtracking, or on whom we ultimately want to pin the blame for this situation, a Yes vote remains our nearest and best hope out of it.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

All citizens, including Fahmy, should have Canada's protection



STEPHEN KIMBER
readers@metronews.ca

Canadian journalist Mohamed Fahmy sits trapped in Cairo limbo awaiting retrial next week on trumped-up charges he spread “false news” supporting Egypt's outlawed Muslim Brotherhood.

Meanwhile, his Australian colleague, Peter Grete — who was convicted with Fahmy on the same charges last year — is home in Brisbane after being released Feb. 1 from what he calls the “near-death experience” of an Egyptian prison.

Why the difference? The Harper government. So suggests Fahmy himself.

Australia's prime minister, Fahmy told the CBC, spoke directly with Egyptian president Abdel el-Sissi on three occasions, pressing for Grete's release. Harper has refused to confirm whether he's spoken to el-Sissi even once. “We should have a prime minister calling Sis-

Not sticking up for Canadians

It's not the first time the Harper government — advancing ideological agendas, or simply demonstrating diplomatic deafness — has left Canadians to the un-tender mercies of foreign governments.

si over the phone,” Fahmy said.

Worse, he added, recently resigned Foreign Affairs Minister John Baird played his usual bull-inside-the-diplomatic-china-shop role, insisting publicly during a visit to Cairo last month Fahmy would not face a new trial or further punishment in Canada if released.

But that was exactly the “diplomatic cover” el-Sissi needed to justify releasing Fahmy. So, instead of following Grete out freedom's door, Fahmy now faces even more

prison time.

It's not the first time the Harper government — advancing ideological agendas, or simply demonstrating diplomatic deafness — has left Canadians to the un-tender mercies of foreign governments.

Ottawa only reluctantly repatriated Canadian-born child soldier Omar Khadr — the last Western prisoner at the notorious Guantanamo detention camp — after our Supreme Court ruled this country had a “duty to protect” Khadr, whose charter rights were violated. The courts also had to force Ottawa to allow Abousfian Abdelrazik — a Sudanese-born Canadian who'd been cleared of allegations he supported al-Qaida — to return to Canada in 2009. And even though as transport minister John Baird championed the innocence of Bashir Makhtal, a Canadian sentenced to life in prison in Ethiopia for belonging to a terrorist organization, he did little as foreign minister to free him.

Why not? As Makhtal notes, his cousin “is

DO YOU HAVE A COLUMN IDEA?
What do you want to see on this page?
readers@metronews.ca

a Muslim-Canadian black man sitting in prison. I hate to admit this, but this is the reality.”

So, too, is the reality Canada has chosen human-rights-violating Ethiopia as a “country of focus” for our international aid. Or that we support repressive Egypt on its “aspirational journey to democracy.”

Last week, Canada changed foreign ministers. Now we need to change foreign policy. All Canadians, including Mohamed Fahmy, deserve to know their country will support them when they need it most.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax, as well as an award-winning writer, editor and broadcaster.



Rita Ora, left, and Tegan & Sara (Sara Quin pictured here) will be performing at the Academy Awards on Sunday. ALL PHOTOS: GETTY IMAGES

The Academy Awards set to be a sonic affair

Preview. Oscar show looks more like the Grammys with a number of big musical acts performing

Lady Gaga. Jennifer Hudson. Common and John Legend. Adam Levine. Rita Ora. Tegan & Sara. Tim McGraw.

This isn't the lineup for an upcoming pop concert, but rather for Sunday's Academy Awards.

"We want to entertain," said Neil Meron, producing his third consecutive Oscar ceremony with Craig Zadan. "And there's no better entertainment than to do it with music."

Host Neil Patrick Harris will perform an original song by the

Oscar-winning writers behind Let It Go, the producers said. Called Moving Pictures, the musical number will set a "subliminal theme" for the evening, Meron said.

"It really is celebratory about movies and yet it's kind of cheeky in a way," he said. "But yet it has a beautiful musical motif which ... we integrate throughout the show as kind of a call-back theme."

Added Zadan: "We didn't want to do a musical number that could have been on the Tonys, or anywhere else for that matter."

"It's a multimedia musical number," he said, "something that we've not done before."

Music is part of the production pair's professional DNA, though. Meron and Zadan produced the The Sound of Music and Peter Pan live TV specials,



John Legend will perform with Common at the Oscars.

as well as the movie musicals Hairspray and Chicago, which won the best picture Oscar in 2003.

The producers said they started booking musical acts even before they learned the year's nominees. But they were delighted with the nominated

original songs.

"We were smiled upon in that respect," Meron said.

A spate of stars will bring those songs to life on the Oscar stage.

Common and Legend are set to perform their song, Glory, from Selma. Levine will sing Lost Stars from Begin Again. Ora will take on Diane Warren's song from Beyond the Lights, Grateful. Tegan & Sara will join with The Lonely Island for The Lego Movie song, Everything is Awesome. McGraw will perform Glen Campbell's song I'm Not Gonna Miss You, from the documentary about his struggle with Alzheimer's, Glen Campbell... I'll Be Me.

The producers wouldn't say what Hudson, Gaga and other entertainers, including Jack Black and Anna Kendrick, will sing. **THE ASSOCIATED PRESS**

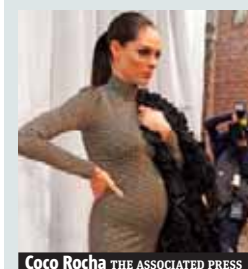
Fashion Week

Pregnant Coco Rocha glows in NYC

Coco Rocha's baby bump has caught up with the limelight and the proud supermodel mama couldn't be happier.

The Canadian redheaded beauty is attending multiple shows at this year's New York Fashion Week, posing for cameras and chatting about her spring arrival — a girl. "I'm not hiding. I'm so excited. It took a while for the bump to show so now that it's showing, it's been fun," a beaming Rocha said.

THE ASSOCIATED PRESS



Coco Rocha **THE ASSOCIATED PRESS**

Gossip

Nicki Minaj and Meek Mill caught canoodling

Nicki Minaj and rapper Meek Mill were spotted sitting together courtside during the NBA All-Star game Saturday Night at Barclay's Center in Brooklyn, and again during the All-Star game at Madison Square Garden. Are they dating? We can't say for sure, but, by the look on their faces, they look like they were having themselves a good ol' time. Love was definitely in the air. **LENYON WHITAKER/METRO IN NEW YORK**

2 SCENE



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Music

Finding Bono



SOUND CHECK
Alan Cross
scene@metronews.ca

The man behind the counter at an Irish tourist office in central Dublin gave me a puzzled look.

"A what now walk?"

"A U2 walk. A guided tour of the U2 sites of Dublin."

He paused, looking even more confused. "Why wouldja wanna do that?"

So began my search for U2. You can walk all over Dublin for days without seeing anything that indicates the world's biggest band lives here. Sure, you can find the odd artifact. One of the Trabants used in the lighting rig for the ZooTV tour is hanging upside down in the Hard Rock Cafe. There's the graffiti on the exterior walls of U2's Windmill Lane Studios. And if you look hard in the tiny shops off Grafton Street, you might find a caricature portrait of the band selling for a couple of euros.

The band barely exists



The gates of Bono's house. ALAN CROSS

in their hometown. Walk onto the grounds on Mount Temple School and the only musical mention in sight is of an Elvis review being staged by the students. The Clarence, the hotel U2 owns in Temple Bar, bears no mark of its famous owners. The only musical thing I could find in the whole place was a miniature statue of Thin Lizzy's Phil Lynott standing next to the whiskey bottles in the Octagon Bar.

Other musicians are proudly celebrated. Rory Gallagher has a street corner named after him, with one of his guitars hanging high on a wall. There's an alley in Temple Bar with giant artistic

renderings of the Pogues, Sinéad O'Connor and the aforementioned Lynott.

But U2? Ghosts. Well, almost. You might run across "Bono is a pox" graffiti which appears randomly on walls throughout the Republic, left by people who are unhappy with U2's moves to dodge paying taxes in Ireland.

If you're a fan visiting Dublin and want to see all the U2 landmarks, best do all your homework before you boarding the plane.

I thought about asking Bono about this when I drove up to the gate of his house in the Dublin suburb of Killiney, but he didn't answer the door. Funny, that.

Just say Geronimo

New album. Aussie band Sheppard took a leap of faith and it's paying off in big ways

It may seem like Australian band Sheppard came out of nowhere with their massive hit Geronimo, but in actuality, it's been quite a long haul.

We caught up with Sheppard to talk more about the band's album, Bombs Away, (out March 10) and their North American tour. Some stops also include Meghan Trainor.

Big risks, big payoffs

Geronimo is about taking a risk in a relationship by starting things up again with an ex, but Sheppard says it has an underlying theme of not being afraid to take chances.

"Without risks, there's no reward, so make that leap of faith," he says. This has been somewhat of a theme for the six band members. "Being in a band in itself is taking a risk," Sheppard says. "There are no guarantees or a safety net. It's pretty risky, but we did it any-



Sheppard is embarking on a North American tour and getting ready to release their album on March 10. GETTY IMAGES

way." For his part, Sheppard never really had a plan B. "I cannot explain to you how much I loathed being at university," he says. "The thought of four more years of assignments and exams got me really depressed and I just couldn't handle it."

Instead, he, and the other five members of the band — two of whom are his sisters — decided to pursue music full time.

Learning on the road

For his part, Sheppard has

never looked back. "Pursuing music) has given me the opportunity to truly express myself, see the world and meet all sorts of different people who are at the top of their field," he says.

"Sitting in the classroom and reading lines of text, you can only learn so much, but it's when you get out there in the world and really experience it for yourself that's the real classroom. And that applies to any vocation."

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Murphy goes for grooves, not laughs, with reggae song

Eddie Murphy biggest success in music came on his first try, with the 1985 smash "Party All the Time." After that, not much was heard from the entertainer on the musical front — but he kept on plugging away at it out of the spotlight.

"When I'm not acting and being funny, in my private time in my personal time I do music more than anything. I'm always in the studio," he said.

Now, Murphy is ready to let people know what he's been working on. Last month, he released a reggae single, "Oh Jah Jah," inspired by recent events.

Why the long wait before you released something new?

I wasn't waiting. I was just recording stuff. I stopped putting stuff out in the '80s because it was like a bunch of actors putting albums out. So I just kept writing my stuff and doing my stuff privately because I had no pressure and no expectations.

Will there be an upcoming album or collaborations?

I have collaborations with all kinds of different artists over the years. Stuff with B.B. King. I've recorded with Paul McCart-



Eddie Murphy's new release is called Oh Jah Jah. GETTY

ney, Snoop, ... Raphael Saadiq. As far as future collaborations, that all has to come together organically. As far as an album coming out, if one of these tracks jumps off and I get some momentum going, I'll put an album, but I'm not planning an album until I'm sure people want to hear something.

If you were to release a reggae album, would you put it out as Eddie Murphy or would you think of a reggae name?

I've got 25 years of stuff on the shelf. I could go right now and

pick six, seven, eight reggae songs and put out a reggae album. I've had people say, "You should put a record out because it's a good song and if they didn't know it was you, they'd like it under a different name," but, hey, these are my tracks and I'm not hiding behind any of it.

Any upcoming film projects?

I just finished a movie. It's not a comedy, though. It's called Cook and it's got a really strong director, the guy that directed Driving Miss Daisy and Tender Mercies, a guy named Bruce Beresford.

Any plans on returning to standup comedy?

When I was doing standup, it was a 100 comedians, now it's a 100,000 of them. So if I got onstage again, I'd have to be doing something that makes me different from all these other 100,000 comics. My fantasy when I think about live performances is a band playing a half-hour or 40 minutes of music and having the curtains go down then doing an hour of standup comedy.

THE ASSOCIATED PRESS



Marathon training includes finding the best gear and clothing materials. ISTOCK

So you want to run a marathon

Training. Now is the time to prepare for major running events happening this spring

EVA
KIS
Metro News in New York City

Pumped up from watching marathons and thinking you can conquer the course this year?

The can-do attitude is a good start, but you're going to need some guidance — not to mention encouragement.

To get started, be as scientific as possible in your training, advises Josh "Speedy" Maio, head coach of the running program at Paragon Sports in Manhat-

tan.

"Test, test, test and test again, eliminating as many variables as you can to achieve optimum results," he says.

That includes figuring out what gear, clothing materials and food is for you.

"You'll want to track your eating habits heading into, during and after your long runs so you know exactly what works for you and your body."

All that experimenting — sport is a science, after all — will help get you race-ready in body and mind.

"As you hone everything, this will help you relax a little bit because you know everything you are using and are doing for your race works," Maio says.

"It's amazing what that

Quoted

"Test, test, test and test again, eliminating as many variables as you can to achieve optimum results."

Josh "Speedy" Maio, running program coach on a key aspect of marathon training

little bit of stress relief can do for you."

We asked Maio to start the countdown to your training for the big event in 2015.

Three reasons to run with a group

Distraction: "When you are training for a marathon, you can find yourself running a lot of miles alone, and those miles can get very tough. Having people to talk to and distract your brain

from what your body has to do can make those miles just melt away without feeling half as gruelling as they can."

Focus: "We all have speed, tempo and hill workouts to do during our training cycles, and these are all things we lament having to do. Nobody likes doing them, but having a group to battle through them with makes them much more bearable and, dare I say it, pleasant."

Accountability: "The group keeps you honest. You become 'accountabilibuddies' that motivate, support and push you towards your ultimate goal."

Two ways a specialty running store can help

Expertise: "Running specialists are involved in (your local) running community and can offer advice and recommendations from personal experience."

The right fit: "Most running footwear is separated into two categories: neutral and stability. Running specialists are trained to help runners determine their gait before they choose the type of running shoes that best fits them."

Wearables do little to change behaviour

Despite their growing popularity and a burgeoning market, wearable tracking devices aren't likely to change behaviour, according to a report from the University of Pennsylvania.

A tremendous gap exists between recording data and changing behaviour, according to the team, with little evidence to say it could be bridged, or even narrowed, despite increasing popularity.

Authors Mitesh S. Patel and Kevin G. Volpp surveyed 6,223 wearable users and found that more than half of

By the numbers

50%

More than half of the 6,223 wearable users surveyed by researchers at the University of Pennsylvania had given up on their tracking device.

them had ceased to merit that title.

Of the more than 50 percent who had given up on their wearable, two thirds of them had done so within the first six months after

purchasing it.

Patel and Volpp traced these dismal stats to four categories of reasons as to why wearables are failing their customers: price, fatigue of the gadget itself, accuracy in tracking and effectiveness of data reporting methods.

Of price, the researchers say that wearables appeal to those who need them least, for their survey revealed wearable users to be of a young, high-earning demographic who described themselves as early adopters of technology.

Of the gadget itself, the

researchers say the additional steps it implies can be just too bothersome for those who may have a difficult time already.

To save time spent syncing, charging and connecting, it could be best to stick to smartphones.

They question the accuracy of newer functions in trackers like sleep and heart rate and say devices should take a more direct approach, such as connecting to an actual medicine bottle instead of hiding dosage information in an app. AFP



Gadget fatigue and accuracy are among reasons users abandon wearable tracking devices. ISTOCK

3
LIFE

Coconut makes a pancake that's fibre-rich, yet light

Pancake Tuesday.

Easy, gluten-free protein pancakes stack up to a healthy way to celebrate the day

Coconut flour is not only gluten-free, it is high in fibre and good fat.

Despite its health benefits, you would think it would be dense and heavy like almond flour or others but it is quite light and fluffy.

It does have a vague coconut taste but that can be disguised if you are one of the few who doesn't enjoy that.

My Nutri-Bites column below has ideas on how to dress up simple pancakes.

Directions

1. Whisk egg whites in a blender until they are fluffy and no longer liquid.
2. Gently blend in coconut flour on low.
3. Whisk whole eggs, milk and cinnamon together and blend into batter.
4. Thin with more milk one tablespoon at a time until it is the consistency of egg nog.
5. Preheat a pan over medium high heat and add coconut oil.
6. Pour batter into pan to create 3- to 4-inch disks and cook

Ingredients

- 2 egg whites
- 1 cup coconut flour
- 3 whole large eggs
- ¼ cup milk (or alternative)
- Pinch cinnamon
- Coconut oil for frying

until you see a few bubbles.
7. Flip once and remove.
8. Continue with remaining batter, wiping pan with coconut oil in between.

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This recipe makes four servings. Serve pancakes with fresh berries and your favourite topping. ISTOCK

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Nutri-Bites

Pancakes for dinner—it's a Shrove thing



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Pancake Tuesday! Oh, how I loved it as a kid, and I'm sure my mom did, too — what could be easier than pancakes for supper? But why pancakes, and why on Tuesday?

Shrove Tuesday was turned into Pancake Tuesday by the Brits. Shrove comes from the word "shrive" which is a Christian process of presenting oneself for confession, penance and absolution. It is performed on the day before Lent begins (Ash Wednesday) when some pleasure must be given up for the six-week duration. Originally, that "pleasure" was any form of fat, and so became "Fat Tuesday" or Mardi (Tuesday) Gras (Fat).

And, if you are going to give something up, goes the thinking, you must gorge upon it in advance. So as not to waste, you see. Pancakes use up all the eggs and butter, so it only makes sense that they would come to represent this holy day. (Not really, but since it's the way things are, let's make the best of it!)

The only trick with pancakes is to make sure the batter isn't too thick and don't pour each one too large to flip. Flip once, only when you see bubbles forming on the top, uncooked side. Oh, and make amends no matter what your faith: You will feel better.

Pancakes don't have to be boring anymore. Here are some new ways to spruce them up:

- Go savoury and spread on some hummus. Then you can slip in a salad.
- Use canned pumpkin and cinnamon in your mix to bump up the vitamin A and fibre. You'll need less sweet stuff on top, too.
- Add nuts to a gluten-free pancake and be super virtuous.
- Top your pancakes with grated parmesan cheese before you flip and make a crispy foundation for fried apples.
- Top wet pancake with crunchy granola and add hemp seeds for more protein before flipping.



For perfect pancakes, keep the batter thin and flip just once when bubbles form on the uncooked side. ISTOCK

Whitecaps

Teibert takes on leadership role

Russell Teibert has gradually transformed into one of the leading members of the Vancouver Whitecaps and it's a role that he does not want to shy away from.

"It's a role that I took on a little bit last year and I really enjoyed it," said Teibert on Monday. "I like the challenge, especially with the position that I play in the centre of midfield."

The 22-year-old from Niagara Falls, Ont., has recently returned to first team action, after sustaining a foot injury while on duty with the Canadian national team.

Teibert missed Vancouver's first two pre-season games of the season, but did feature in Sunday's 6-0 win over the University of Victoria Vikes where he managed to get on the score sheet.

Whitecaps assistant coach Martyn Pert is pleased with Teibert's performance in only his second pre-season game and fully expects him to add to the reputation he's built as a commanding midfield player.

"It's good to have him back," said Pert. "His personality is that he's captain material and he's got good respect in the dressing room."

As a 22-year-old veteran member of the club, Pert feels that Teibert can act as a role model for other young players attempting to establish themselves as first team regulars.

"He's come through the same pathway that they want to follow," said Pert. **RYAN LEHAL FOR METRO**



Zach Parise, left, of the Wild fights through the check of the Canucks' Adam Clendening at Rogers Arena on Monday night. DARRYL DYCK/THE CANADIAN PRESS

Biega debuts with a bang for Canucks

NHL. Rookie tallies game-winner as Vancouver holds off West rival Minnesota



CAM TUCKER
cam.tucker@metronews.ca

Alex Biega will always have fond memories of his first National Hockey League goal.

Not only is it a personal milestone, it was crucial for the Vancouver Canucks as they continue to fight and

On Monday	
3	2
Canucks	Wild

claw in the thick of the pack that is the Western Conference playoff race.

Biega's goal at the 11:54 mark of the third period gave the Canucks a 3-1 lead at the time. They managed to hang

on for a 3-2 victory over the Minnesota Wild, a team chasing Vancouver in the West, at Rogers Arena on Monday.

Biega, who was also making his NHL debut at the age of 26, merely put the puck on net with a slap shot from the point. It found its way through a maze of bodies, including the legs of Wild goalie Devan Dubnyk, before ending up in the back of the net.

The Canucks improve to 67 points, which puts them four ahead of the Wild. The out-of-town scoreboard was not kind to Vancouver. Cal-

gary completed an incredible comeback against Boston, and Winnipeg beat Edmonton in a shootout.

Bo Horvat, Vancouver's 19-year-old rookie centre, scored early in the third period to give the Canucks a 2-1 lead.

Eddie Lack made 19 saves, and helped fend off a frantic last-minute push from the Wild, for his sixth win of the season.



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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Remind yourself that what you are anxious about exists solely in your mind and cannot affect you in the world at large.

♉ Taurus

April 21 - May 21

There are times when it pays to be blunt and this is one of them. Others won't mind what kind of language you use today so long as they understand where you are coming from.

♊ Gemini

May 22 - June 21

You will need to keep a cool head today because something is going to happen that has others running in all directions and getting nowhere fast.

♋ Cancer

June 22 - July 23

Ignore your critics. The only mistake you made was letting them know what you were planning. Next time keep it to yourself. You can live without their feedback.

♌ Leo

July 24 - Aug. 23

Even if you are a bit short cash-wise at the moment the planets indicate you will make good your losses over the next few weeks.

♍ Virgo

Aug. 24 - Sept. 23

Someone you love will do something today that makes you realize there is a lot about them you still don't understand. Is that such a bad thing? It keeps your relationship interesting.

♎ Libra

Sept. 24 - Oct. 23

The Sun is about to move into the most hard-working area of your chart but that does not mean you have to do everything yourself. Spread the load over the next few days.

♏ Scorpio

Oct. 24 - Nov. 22

When dealing with people whose motives you are not entirely sure about, make certain what they say and do can't hurt you.

♐ Sagittarius

Nov. 23 - Dec. 21

Minor disagreements could get out of hand today, so promise yourself now that no matter what the provocation might be you won't rise to the bait.

♑ Capricorn

Dec. 22 - Jan. 20

You can blame other people for what has gone wrong but wouldn't it be more honest to look at your own performance first?

♒ Aquarius

Jan. 21 - Feb. 19

It's up to you what you do with your cash, of course, but surely you can find something better to spend it on, something that brings long-term benefits to you and yours.

♓ Pisces

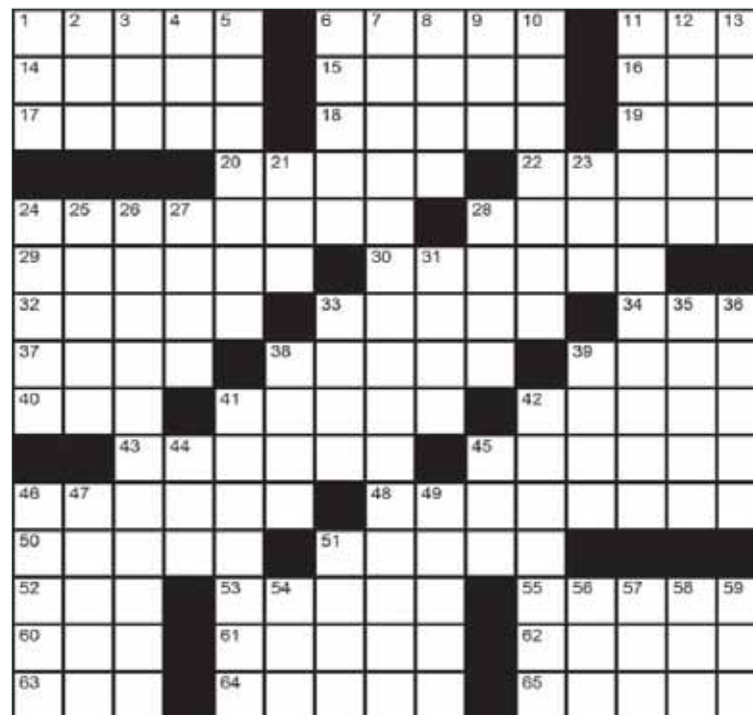
Feb. 20 - March 20

The Sun's move into your sign tomorrow will bring new challenges and new opportunities. Today, rest while you can.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Saskatchewan village an hour north of Saskatoon
6. Annul
11. Li'l loudness
14. There ___ ' in 'Team'
15. Stage
16. Fuss
17. "___ the Moon" (1999) starring Jim Carrey
18. Raring to go
19. Society pages word
20. Academic stretches
22. Accolades
24. Bluegrass song about Tennessee: 2 wds.
28. Compares to
29. "All ___!" (Conductor's call)
30. "Oh My Darling Clementine" bit: "...dwelt ___ forty-niner..."
32. Le ___ d'Arthur (King Arthur work by Sir Thomas Malory)
33. Chills
34. Dyson, e.g.
37. Ink implements
38. Female red deer [pl.]
39. Shakespearean verb
40. Compass pt.
41. Divulges
42. Canadian actor Colm
43. Respite



45. Things growing in Quebec forests
46. Invented-in-Canada baby cereal
48. ___ de soleil (Sunglasses, in French)
50. Some seals
51. ___ -sac
52. 'I love', in Latin
53. Country singer Travis

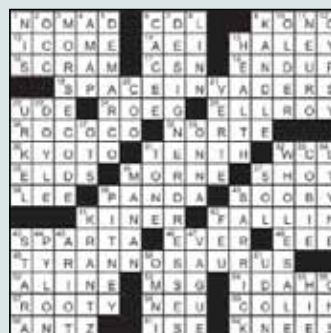
55. Old Testament figure
60. Prefix to 'political'
61. Poly's materialistic friend?
62. Music genre, ___ Contemporary
63. Western CFL-er, e.g.
64. Mikhail Gorbachev's late wife

65. Dependent
- Down**
1. Boundary, briefly
2. Conductor, ___ Pekka Salonen
3. Heart singer Ms. Wilson
4. Jack of "Barney Miller"
5. Wings' bagpipes hit: "Mull of ___"

6. 'Dum spiro, ___' = 'While I breathe, I hope' in Latin
7. Bubbly glasses: 2 wds.
8. ___ to riches
9. Peer Gynt's mother
10. "Blue Suede Shoes" by Carl ___
11. Toronto-born actress Laura ___ of

- "Bitten" on Space
12. Ancient theatre
13. Windblown silt deposit
21. Flight-leaving info
23. What Tiny Tim played, commonly
24. Highway exits
25. Some woodwinds
26. Newfoundland city: 2 wds.
27. Kit ___ (Some chocolate treats)
28. Untruths
31. Mires
33. River of northern England
35. Bruce Cockburn's "If ___ Falls"
36. Game with Knights
38. Corey of "The Lost Boys" (1987)
39. Money owed
41. Boisterously boast
42. Actor/narrator Morgan
44. Rock supergr.
45. Certain conjunction
46. Suffix meaning 'a thing that devours'
47. Actor, Willie ___
49. Prefix to 'violet'
51. NY Mets ballpark, ___ Field
54. Cape Town's home [acronym]
56. Provincial song: "___ to Newfoundland"
57. Litigate
58. Long ago time
59. Pen

Monday's Crossword



Online

See today's answers at
metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Monday's Sudoku

4	9	1	7	3	6	2	5	8
2	7	3	9	8	5	1	4	6
5	6	8	4	2	1	3	9	7
8	3	6	1	7	9	5	2	4
9	1	4	2	5	8	6	7	3
7	5	2	3	6	4	9	8	1
3	8	5	6	4	2	7	1	9
6	2	9	8	1	7	4	3	5
1	4	7	5	9	3	8	6	2

								2
	3		1	8		7		
2		9			6			
		4		1				
7				4				6
				9		3		
		6				9		8
	9		7		2		5	
3								

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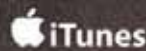
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